



P90X3 CVX

Workout Instructions



P90X3 in 90 Seconds CVX 1 sets

Perform these exercises as a superset



Press Jacks 2 sets



Atlas Twist 2 sets



March and Reach 2 sets

Perform these exercises as a superset



Traveling Tire Twist 2 sets



Frog Squat Reach 2 sets



Arc Press Lunge 2 sets

Perform these exercises as a superset



Hop Overs 2 sets



Balance Pull 2 sets



Twist and Pivot 2 sets

Perform these exercises as a superset



Side Reach Jumps 1 sets



Crescent Chair 1 sets



Globe Squatters 1 sets

Individual Exercise Instructions

P90X3 in 90 Seconds CVX



Press Jacks
Press Jacks



Atlas Twist
Atlas Twist



March and Reach
March and Reach



Traveling Tire Twist
Traveling Tire Twist



Frog Squat Reach
Frog Squat Reach



Arc Press Lunge
Arc Press Lunge



Hop Overs
Hop Overs



Balance Pull
Balance Pull



Twist and Pivot
Twist and Pivot



Side Reach Jumps
Side Reach Jumps



Crescent Chair
Crescent Chair



Globe Squatters



Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2	
P90X3 in 90 Seconds CVX		sec		
Press Jacks	reps x	Lbs	reps x	Lbs
Atlas Twist	reps x	Lbs	reps x	Lbs
March and Reach	reps x	Lbs	reps x	Lbs
Traveling Tire Twist	reps x	Lbs	reps x	Lbs
Frog Squat Reach	reps x	Lbs	reps x	Lbs
Arc Press Lunge	reps x	Lbs	reps x	Lbs
Hop Overs	reps x	Lbs	reps x	Lbs
Balance Pull	reps x	Lbs	reps x	Lbs
Twist and Pivot	reps x	Lbs	reps x	Lbs
Side Reach Jumps	reps x	Lbs		
Crescent Chair	reps x	Lbs		
Globe Squatters	reps x	Lbs		